

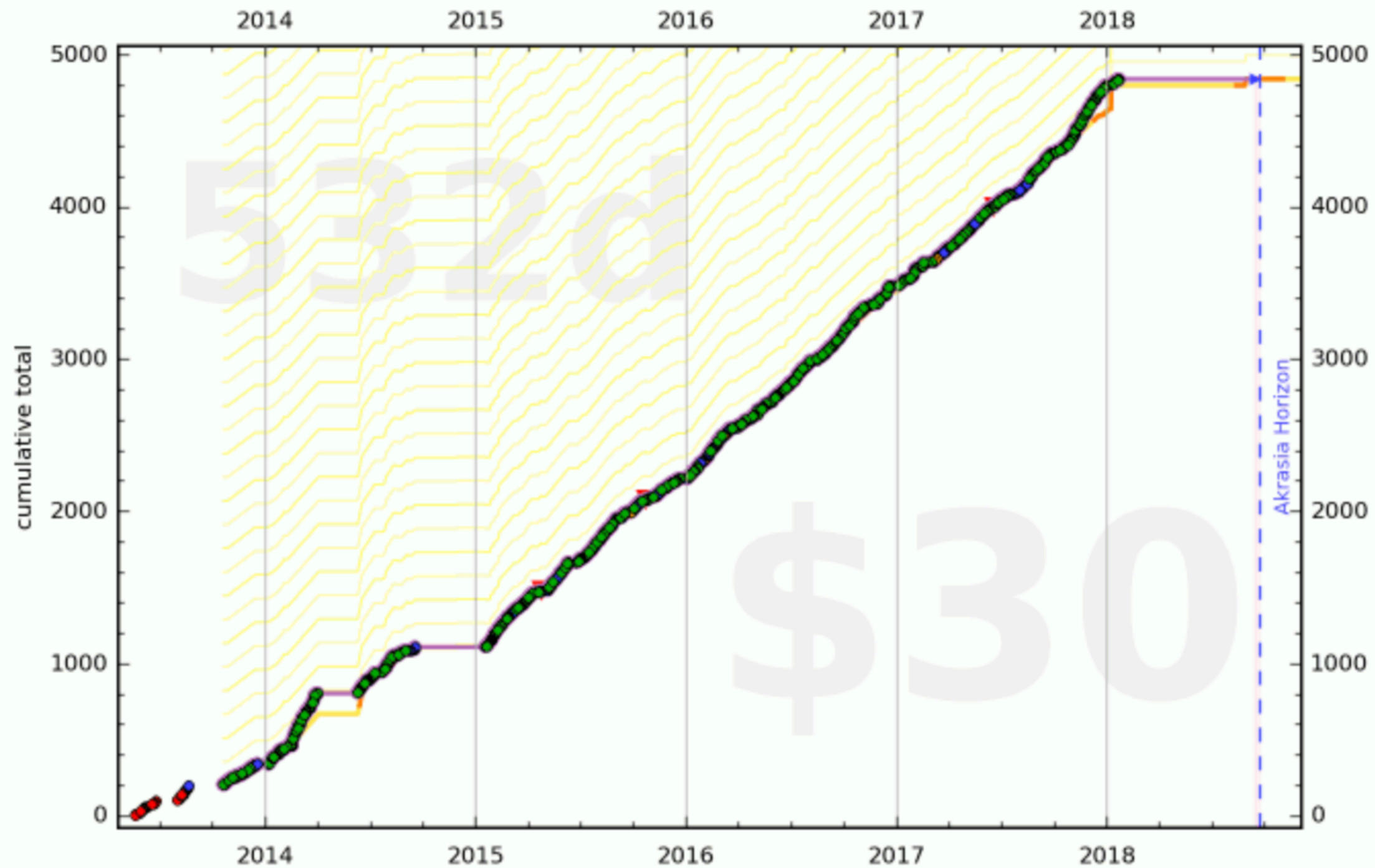
# Quantified PhD

Maggie Delano

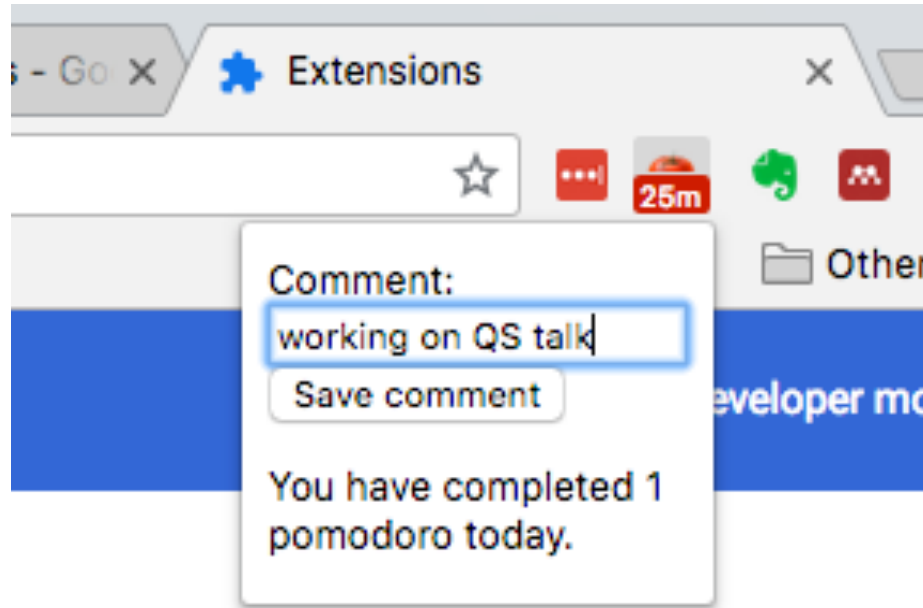
@maggied

Quantified Self Conference 2018

September 22<sup>nd</sup>, 2018



# How I did it

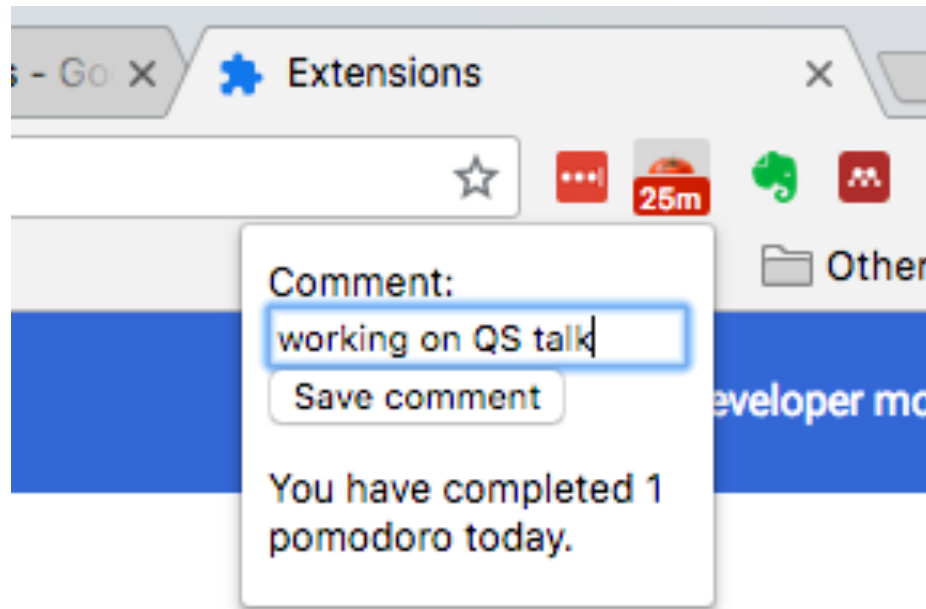


**Pomodoro method:** 25 minutes work, 5 minutes break; take 15 minute break after 4<sup>th</sup> pomodoro, repeat

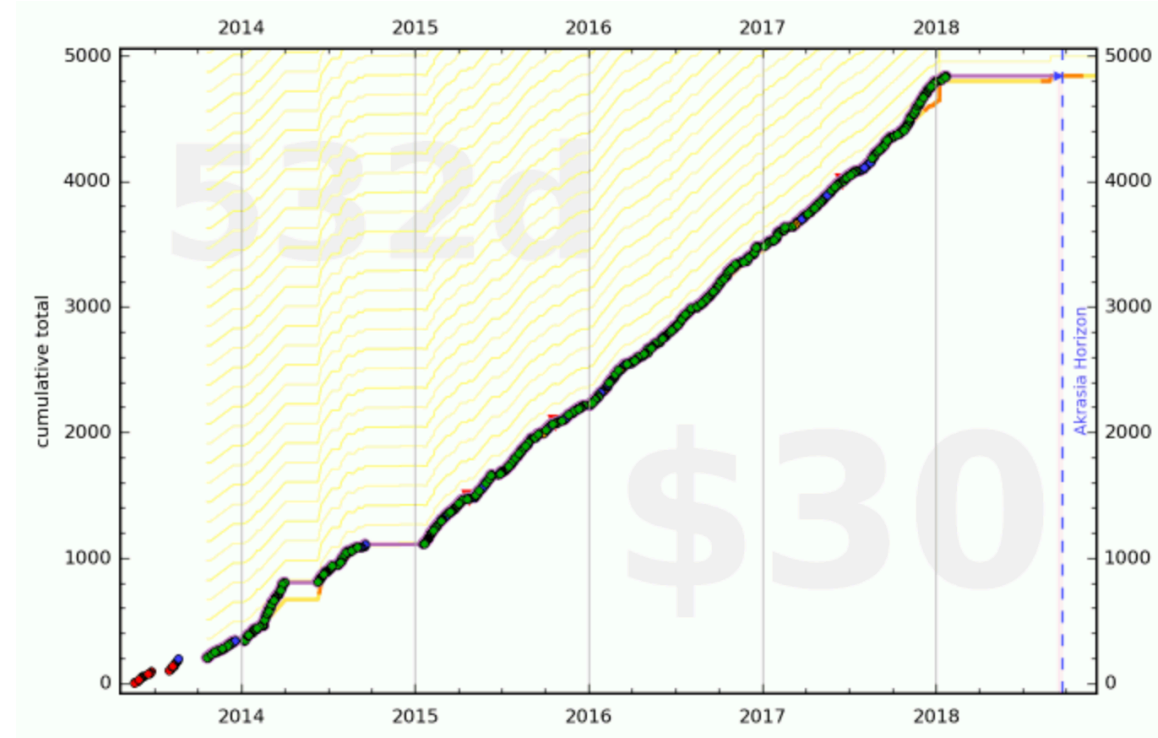
Customized Version of  
Strict Workflow Chrome Extension<sup>1</sup>

1. <https://github.com/maggiedelano/Strict-Workflow-Beeminder>

# How I did it



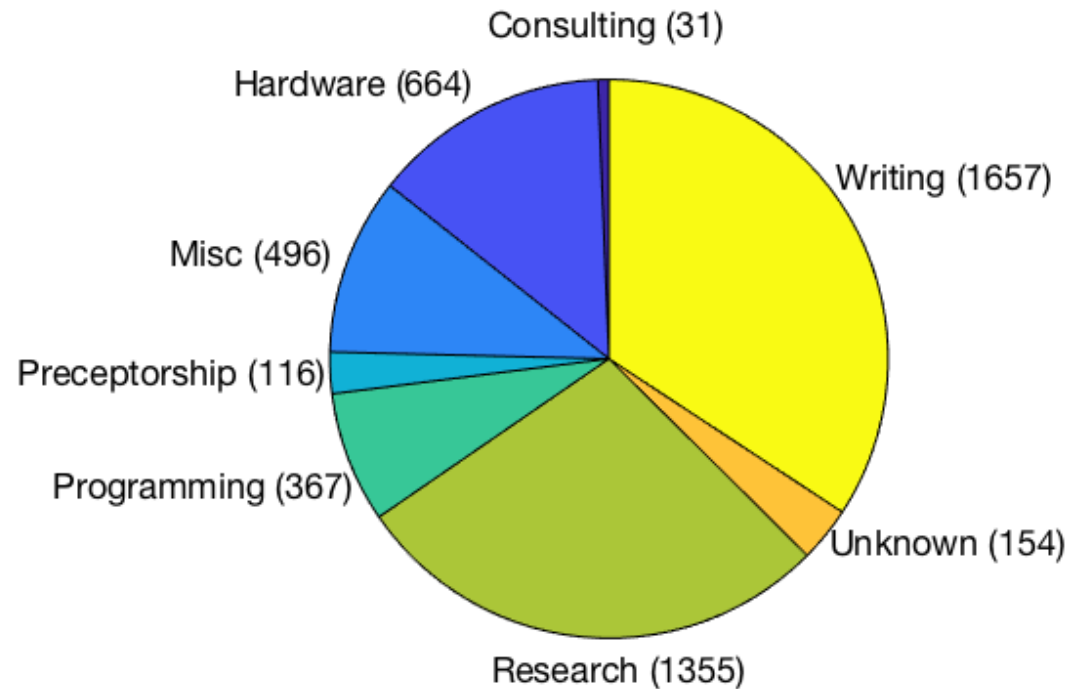
Customized Version of  
Strict Workflow Chrome Extension<sup>1</sup>



Beeminder  
Pomodoros Goal

1. <https://github.com/maggiedelano/Strict-Workflow-Beeminder>

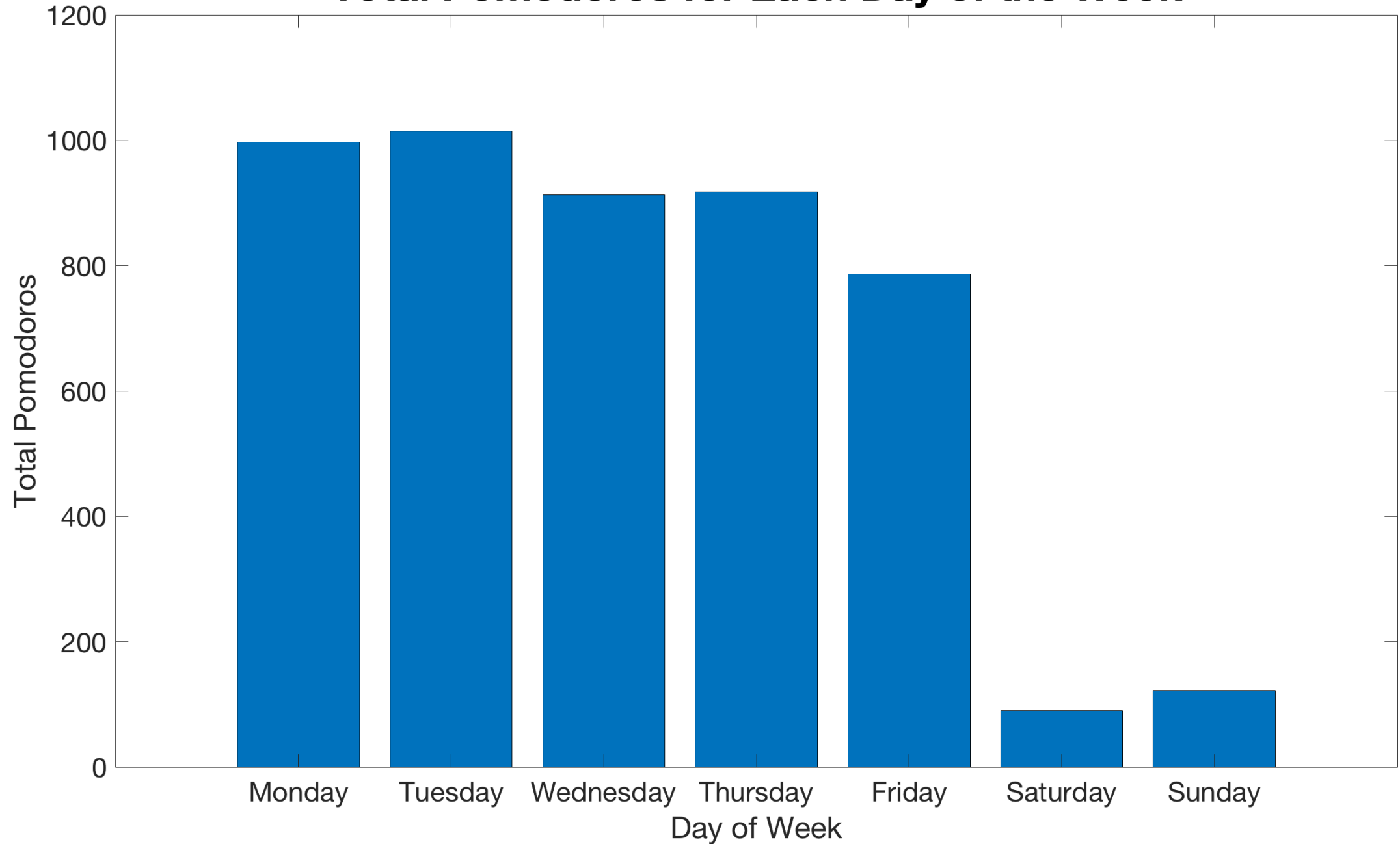
# Pomodoros by Category



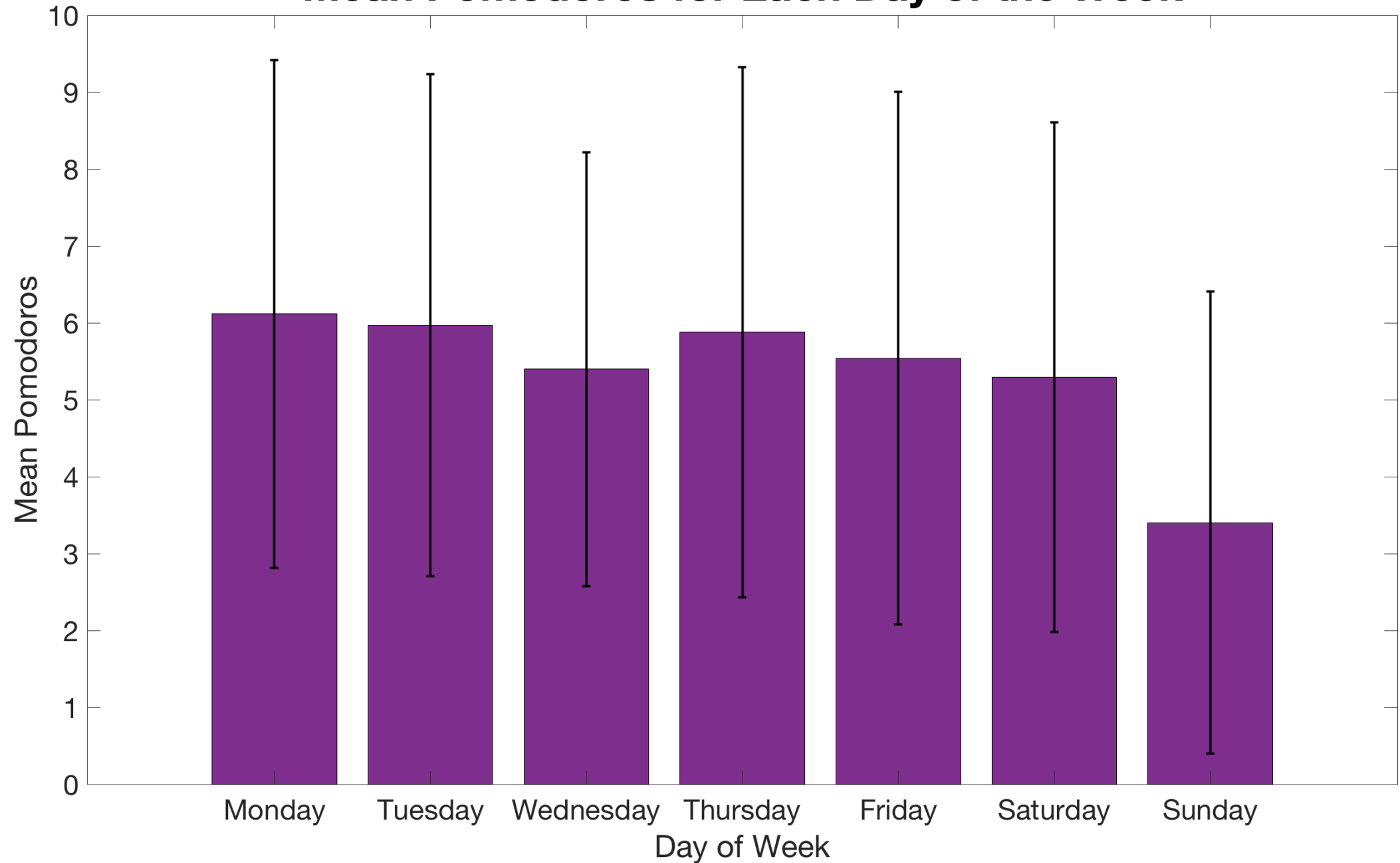
Took **363** pomodoros to write my thesis (4.5 weeks at 40 hrs / week)

**Total pomodoros:** 4840 from May 2013 to January 2018

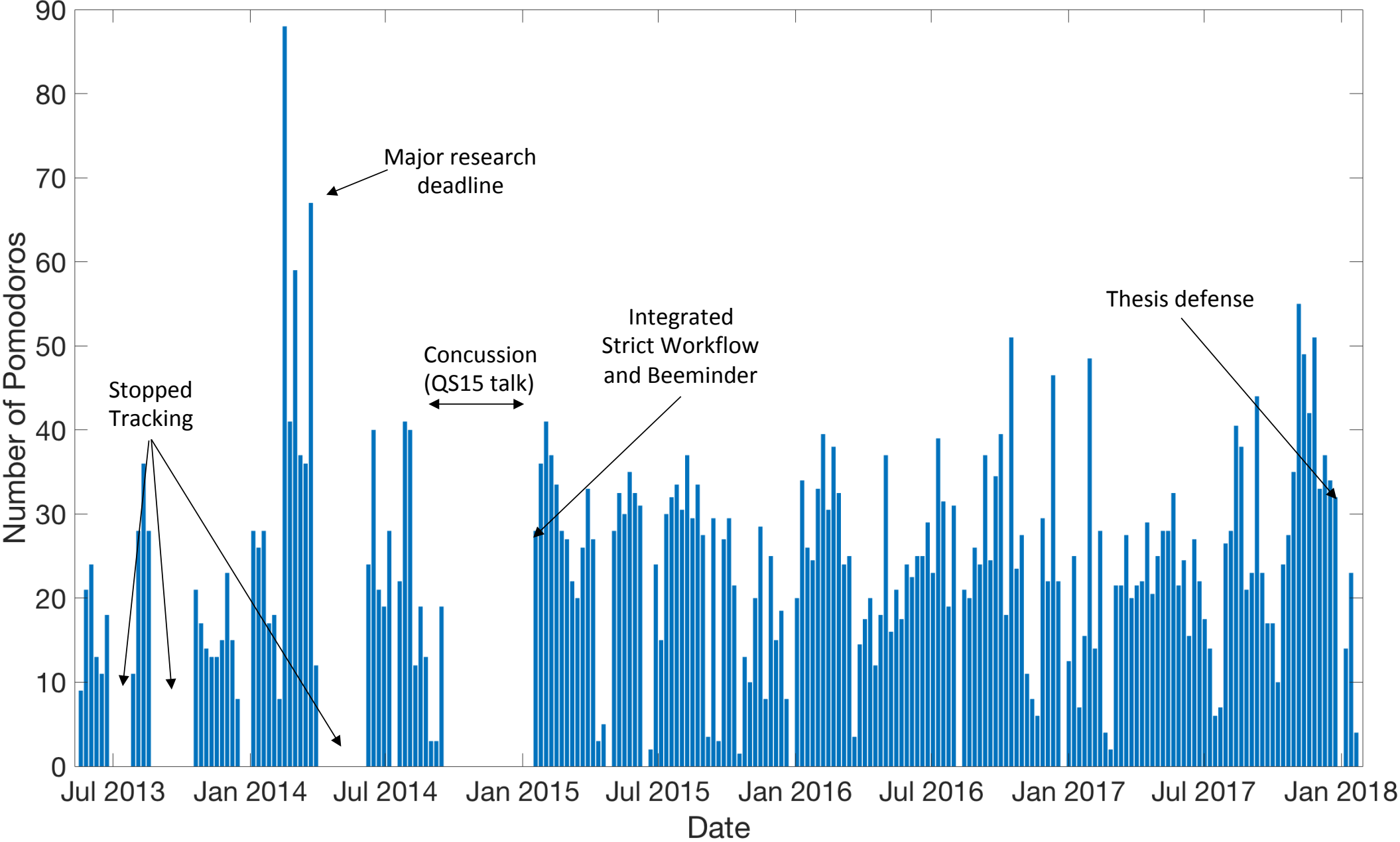
# Total Pomodoros for Each Day of the Week



# Mean Pomodoros for Each Day of the Week

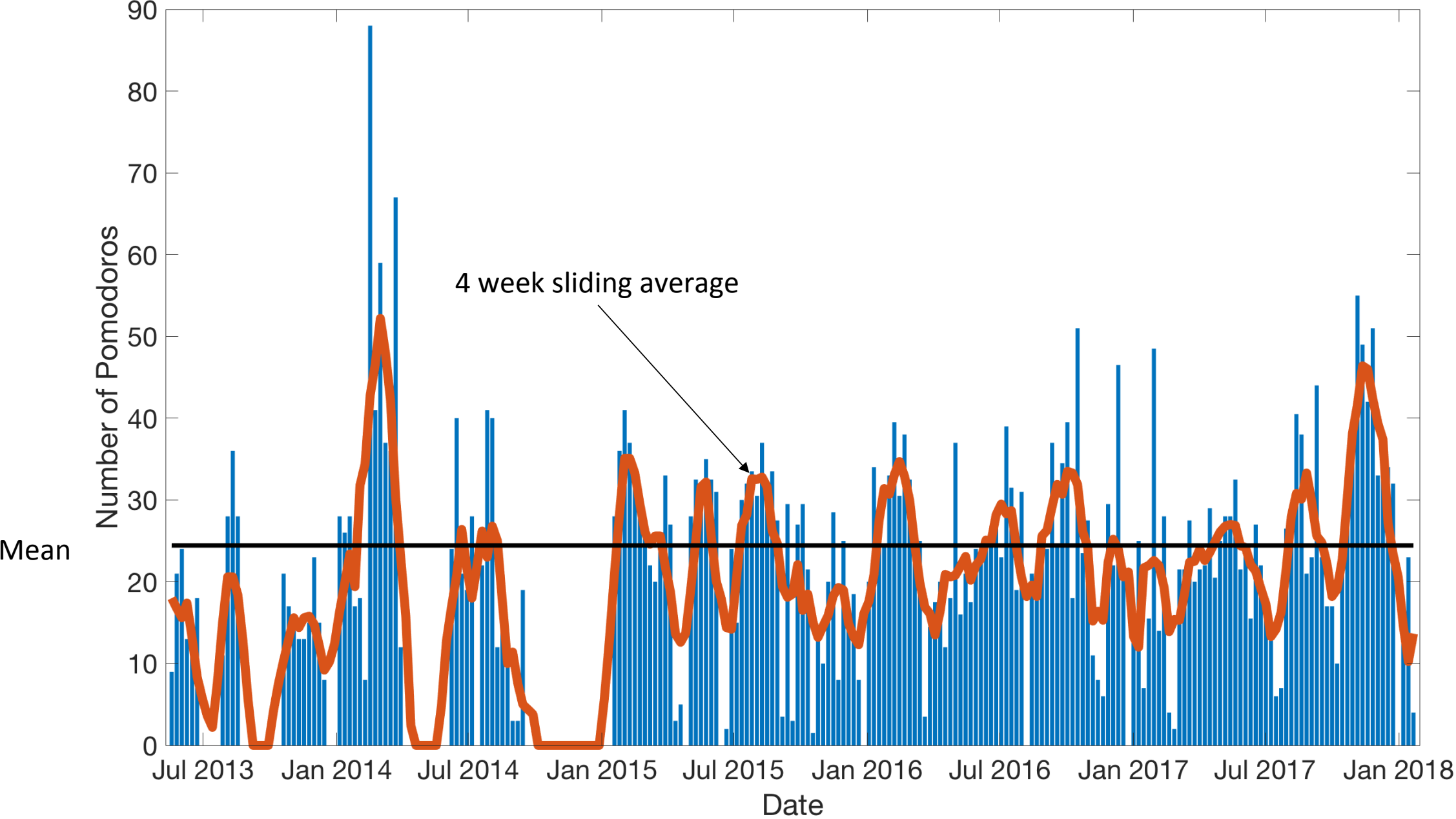


# Number of Pomodoros Per Week

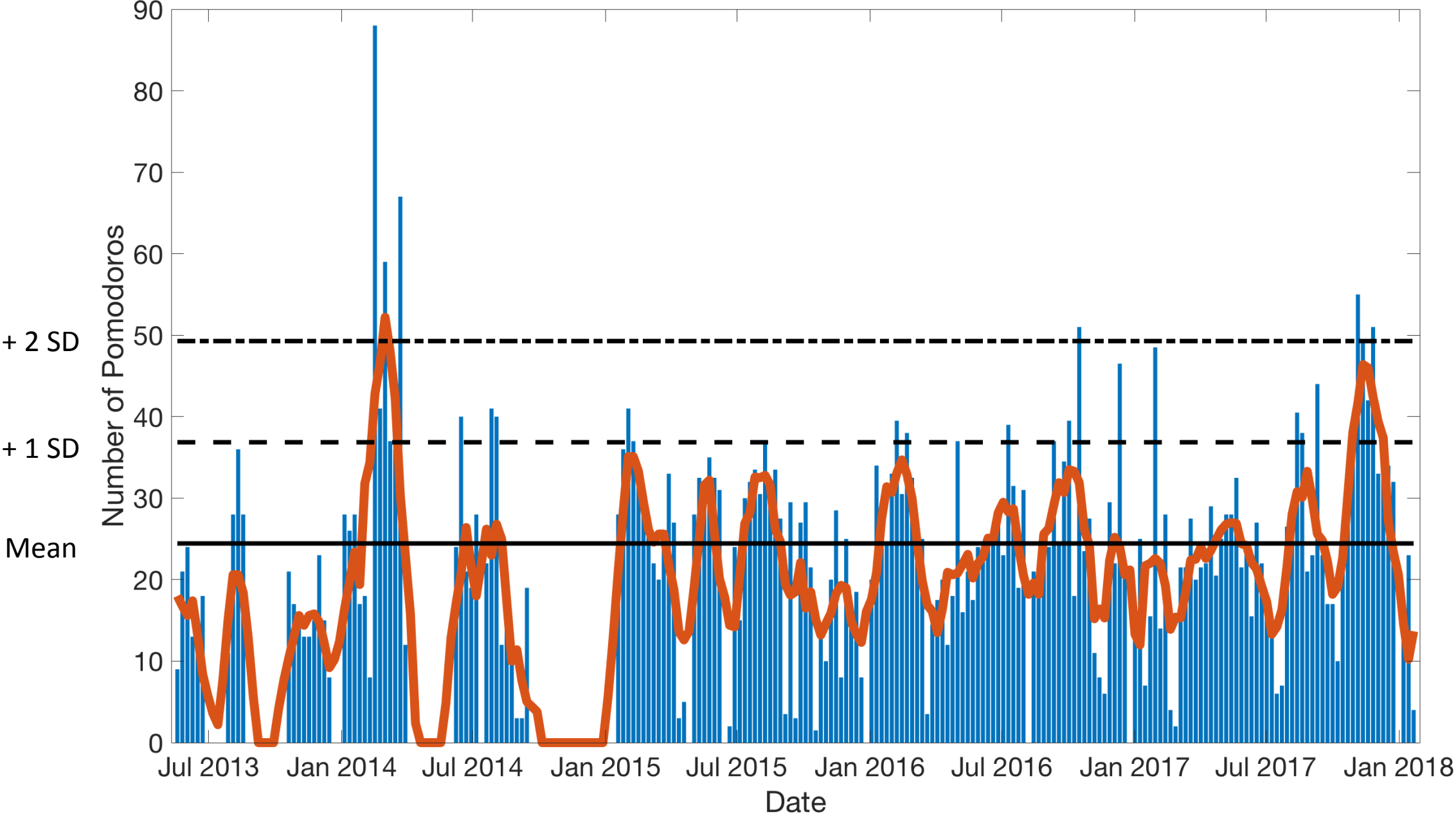


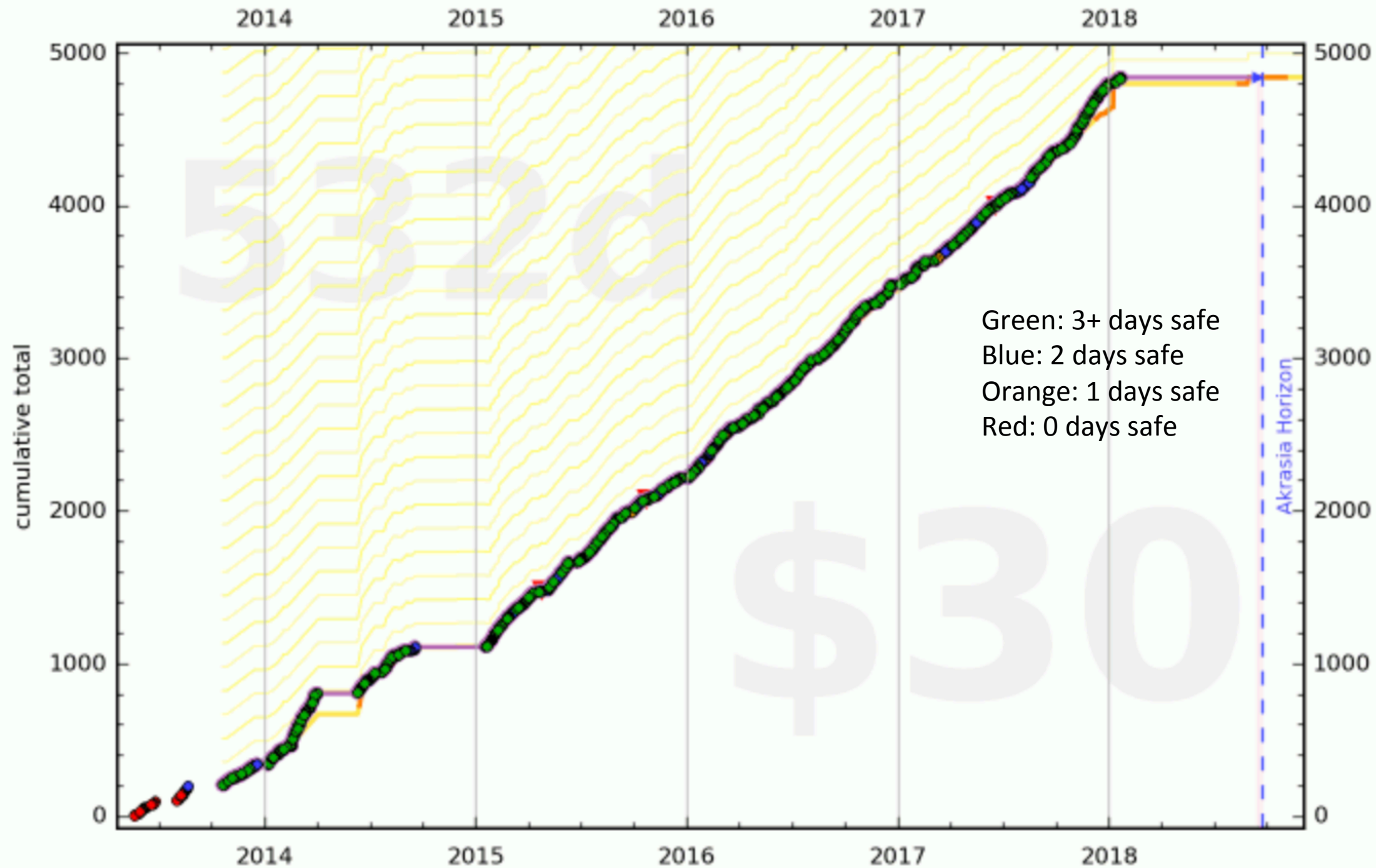


# Number of Pomodoros Per Week



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# Qualitative Observations

1. Pomodoros + beeminder = structure + efficiency + accountability
2. Frequent breaks provide opportunities for insight
3. It's hard for me to write efficiently for more than 4-6 pomodoros / day
4. Certain work lends itself better to pomodoros than others

# Quantified PhD:

- 5.5 years
- 4840 pomodoros
- \$165 in beeminder derailments
- PhD: priceless



# Quantified PhD

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